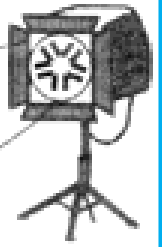




DISTRICT OF COLUMBIA OFFICE ON AGING

# Spotlight On Aging



VOLUME XVIII, ISSUE 10

A newsletter for D.C. Seniors

October 2003

## EXECUTIVE DIRECTOR'S MESSAGE



By E. Veronica Pace

What a great day we had at this year's ELDERFEST 2003, "Seniors Making A Difference." Despite the rain, more than 2,000 attended the event. Honorary Event Chairperson Dorothy I. Height told us the importance of seniors making a difference. At

91, she plans to continue her work and her commitment to our communities. During her appearance at the event in the rain, she stressed the importance of seniors staying active and participating in programs and services.

Seniors can make a difference at this year's Citizen Summit III. I cannot stress enough the importance of being at the table during this event to vote on services and programs that are important to you. Those who are at the table have a voice. Vote for continued senior services that provide in-home support, transportation services to medical appointments, meal programs and all the services you have become accustomed to receiving.

Also remember services that affect your neighborhood, safety, economic development and more. Citizen Summit III will be held Saturday, November 1 at the new Washington Convention Center. A registration form for this event is next to my column. You may fill that out, call or go online at [www.citizensummit.dc.gov](http://www.citizensummit.dc.gov) to register.

Also in this issue, find out more about the services and programs that are provided to all citizens by the Department of Public Works. We have taken the time to list them for you so that you know what your tax dollars have funded. Anytime you need service, call the Government Call Center at 202-727-1000. This number will also provide you a way to track your request.

Seniors beware — find out more about fraud schemes that are targeting the District. Many unscrupulous people target seniors because they feel you are vulnerable. Don't be a victim.

Congratulations to Milton Chavis, a contractor with the D.C. Office on Aging, who has been selected as the District of Columbia Older Worker of the Year. He works diligently at the Office on Aging to assist seniors seeking employment. We applaud his work ethic, enthusiasm and commitment to his job assisting seniors looking for employment. If you are 55 and older and need to supplement your income, call the office at 202-724-3662.

## Citizen Summit III Real Challenges. Real Choices.

November 1 • 8 a.m. to 4 p.m.

New Washington Convention Center, 801 Mount Vernon Place, N.W.

All District residents ages 13 and up are invited to come to the new Washington Convention Center on Saturday, November 1 for the city's third Citizen Summit. The Summit, hosted by Mayor Anthony A. Williams and the Executive Office of Neighborhood Action, will involve elected officials, community leaders and several thousand residents.

Together, they will begin determining the city's policies and priorities on education, crime, health care and economic development.

We look forward to coming together, working together and succeeding together at Citizen Summit III, where we can make a difference again! Over the past four years, Mayor Williams has engaged more than 10,000 citizens in this unique planning process known as Neighborhood Action. Citizen Summit III gives residents the opportunity to provide valuable input into the District's Citywide Strategic Plan, as well as the 20-year comprehensive plan.

As in past years, the day-long Citizen Summit — the largest ongoing town hall meeting in the United States — will influence the District's annual spending priorities and legislative initiatives. This is your chance to have a direct impact on the goals and priorities of your city.

Register to participate by using the form below or register online at <http://citizensummit.dc.gov/regist-shtm>. You can also register at the Web site to facilitate or volunteer at the Summit.

**Return this form by mailing it to:** Office of Neighborhood Action, 611 Pennsylvania Ave., N.W., Washington, D.C. 20003 or faxing it to: 202-724-7704. You must include the information indicated with asterisks. You may also call 202-727-0852 to register.

\* Name: \_\_\_\_\_

\* Home Address \_\_\_\_\_

\* City: \_\_\_\_\_

\* State: \_\_\_\_\_ \* Zip: \_\_\_\_\_

Home Phone \_\_\_\_\_

\* Work Address \_\_\_\_\_

\* City: \_\_\_\_\_

\* State: \_\_\_\_\_ \* Zip: \_\_\_\_\_

Work Phone \_\_\_\_\_

\* E-mail: \_\_\_\_\_

Organization: \_\_\_\_\_

Race: ☐ American Indian or Alaskan Native ☐ Asian or Pacific Islander ☐ Black or African American, not of Hispanic origin ☐ White, not of Hispanic origin ☐ Hispanic or Latino(a) ☐ Other

### Summit Information

Previous Citizen Summit or Youth Summit participation?  
☐ Participant ☐ Facilitator ☐ Volunteer ☐ None

Are you interested in volunteering for CSIII?  
☐ Yes ☐ No

Are you interested in being a facilitator for CSIII?  
☐ Yes ☐ No

What is the most important issue facing the District?  
\_\_\_\_\_  
\_\_\_\_\_

### Geographic Information

Neighborhood \_\_\_\_\_ Ward \_\_\_\_\_

### Demographic Information (optional)

Gender: ☐ Male ☐ Female

Age: ☐ Under 22 ☐ 23-34

☐ 35-54 ☐ Over 55

Do you require translation services?

☐ American Sign Language ☐ Chinese (Mandarin)

☐ Korean ☐ Spanish ☐ Vietnamese

☐ Other \_\_\_\_\_



GOVERNMENT OF THE DISTRICT OF COLUMBIA

ANTHONY A. WILLIAMS, MAYOR

## D.C. OFFICE ON AGING NEWSLETTER

# ELDERFEST 2003

## “Seniors making a difference”



Mayor Anthony A. Williams line danced with the seniors.



Comcast received the ELDERFEST Corporate Sponsorship Award for its commitment to the senior outdoor festival.



Seniors received information.



Seat cushions, radios, insulated lunch bags and other items were sold to benefit an emergency assistance fund for District seniors.



Attending ELDERFEST were (standing from left) Karen Shook, event MC; COMCAST employee Ana Russell; D.C. Office on Aging Director E. Veronica Pace; Charlotte McConnell, executive director of Family and Child Services; Nadine Whittington, Commissioner on Aging; (seated) Virginia Hayes Williams, mother of the Mayor; and Dorothy Height, honorary event chairperson.



Dorothy I. Height, honorary event chairperson, addressed the crowd and challenged seniors to continue to make a difference.



This senior crocheted these beautiful dolls himself.



Mayor Williams scores two points as he shoots hoops with the Project KEEN Fort Davis Hoopsters.



The Jewels were the headliners for the event. The local group began while they were in high school together.



Handmade arts and crafts were sold.



## D.C. OFFICE ON AGING NEWSLETTER

# Community Calendar

## October events

### 1st • 1 p.m.

Do you have asthma? A seminar by the County Outreach for Asthma Care, a division of Howard University, will be presented at the Senior Citizens Counseling and Delivery Service center, 2451 Good Hope Rd., S.E. Topics will include causes, treatment and preventative care. For further details about this free event, call 202-678-2800.

### 2nd • 8 a.m. to 5 p.m.

Travel with Senior Citizens Counseling and Delivery Service center to the Three Little Bakers Dinner Theatre in Wilmington, Del., to see the musical stage show, *Footloose*. The cost of \$75 includes round trip transportation, an all-you-can-eat buffet and tickets to the show. The bus departs from the center, 2451 Good Hope Rd., S.E. To reserve your seat, call 202-678-2800.

### 3rd • 10 a.m. to 2 p.m.

Go on a picnic at the National Zoo with EOFULA. Leave from the EOFULA - Spanish Senior Center, 1842 Calvert St., N.W. For details, call 202-483-5800.

### 9th • 10 a.m. to 2 p.m.

Attend a "harvest multicultural activity," hosted by the Parks and Recreation Department. EOFULA - Spanish Senior Center, 1842 Calvert St., N.W., will be making the arrangements. For details, call 202-483-5800.

### 10th • 1 p.m.

EOFULA - Spanish Senior Center will be celebrating Spain's National Day. Join them at the center, 1842 Calvert St., N.W., as they celebrate the diversity of this wonderful country. For details, call 202-483-5800.

### 16th • 8 a.m. to 6:30 p.m.

Go on the annual Pennsylvania Dutch tour with the Senior Citizens Counseling and Delivery Service. Join them as they tour farmlands, the Bird In Hand Bakery, roadside souvenir stands and the Candle Barn. Enjoy lunch on your own at the Kitchen

Kettle or other restaurants located at a crafts and souvenir outdoor mall. The \$25 cost includes the tour with a professional tour guide and transportation. Lunch is not included. The bus will leave the center at 2451 Good Hope Rd., S.E. For reservations, call 202-678-2800.

### 18th • 8 a.m. to 1 p.m.

Columbia Senior Center is having an Attic Treasures Sale. Come hunt for bargains. The center is located at 1250 Taylor St., N.W. For details, call 202-328-3270, ext. 12.

### 23rd • 1 p.m.

If you or someone you know is unable to live independently, the seminar "What Do You Do When You Can't Live Alone Anymore?" will provide you with alternative possibilities. The seminar will be presented by Senior Citizens Counseling and Delivery Service center, 2451 Good Hope Rd., S.E. A question and answer session will follow. For details on this free event, call 202-678-2800.

### 29th • 1 p.m.

EOFULA's 2003 Queen has been selected from their pageant, and now she will have her coronation. Come and applaud this wonderful woman. For details, call 202-483-5800.

### 30th • 1 to 3 p.m.

Columbia Senior Center, 1250 Taylor St., N.W., will celebrate its 31st anniversary with a concert given by the CSC Choir and Guitar Ensemble and the Columbia Senior Steppers. For details, call 202-328-3270.

## Early November events

### November 5th • 1 p.m.

The holidays are approaching and with them, comes a number of fire hazards that can be avoided. Senior Citizens Counseling and Delivery Service is hosting a talk on holiday fire safety. Come to the center at 2451 Good Hope Rd., S.E., and find ways that you can keep you, your family and your home safe. For details on this free event, call 202-678-2800.

### November 7th • 9 a.m. to 5 p.m.

Columbia Senior Center will be going to the track. Join them as they go to Charles Town Races and Slots. The donation is \$20. Receive \$5 back if you call Monica Carroll at 202-328-3720, ext. 11 in advance. This event's bus will leave the center at 1250 Taylor St., N.W.

## Ongoing

### Tuesdays • 9:30 to 10:30 a.m.

Come to the Model Cities Senior Wellness Center, 1900 Evarts St., N.E., and learn sign language. This 12-week class is being held every Tuesday in sponsorship with the Martin Luther King Library. For details, call 202-635-1900.

### Wednesdays • 12:30 to 2 p.m.

Alzheimer's Association Caregiver Support Group at IONA, 4125 Albemarle St., N.W. Share resources, experiences, concerns and fears in this support group for caregivers of people with moderate to advanced Alzheimer's Disease. No fee, but donations are requested. For more information, contact Ruth Chertkov at 301-585-3436.

### Thursdays • 1 to 2:30 p.m.

Learn how to make Mah Jongg tiles at the Model Cities Senior Wellness Center, 1901 Evarts St., N.E. For more information, call Theresa or Eugene at 202-635-1900.

### Thursdays • 10:30 to 11:30 a.m.

Coping with Memory Loss support group at IONA, 4125 Albemarle St., N.W. This group offers support to seniors with memory loss. Members discuss its impact on themselves and their loved ones. For information, contact Cheryl Shreiner at 202-895-9478.

### Fridays • 11 a.m. to noon

The Parkinson's Disease Support Group at IONA, 4125 Albemarle St., N.W., offers an opportunity to share concerns, challenges and losses associated with this chronic disease. No fee, but donations are requested. Contact Deborah Rubenstein at 202-895-0249 or DRubens@iona.org for more information.

## Household Hazardous Waste Drop-Off Scheduled

The District Department of Public Works (DPW) will hold its bi-annual household hazardous waste drop-off event Saturday, October 11 from 9 a.m. to 3 p.m. in the Carter Barron Amphitheatre parking lot at 16th and Kennedy Streets, NW. This service is free and open to all District residents.

D.C. residents can bring items including old cleaning and gardening chemicals, small quantities of gasoline, pesticides and poisons, acids, varnish, oil-based paints, solvents, aerosols, wood preservatives, spent batteries of all kinds, roofing tar, chemistry sets, automotive fluids, even asbestos floor tiles to the collection site for environmentally safe disposal or recycling. A professional hazardous waste contractor will remove materials from the residents' vehicles. A licensed hauler will then take the waste to an Environmental Protection Agency (EPA)-approved facility for processing.

DPW will also have an electronics recycler onsite for the Household Hazardous Waste Collection. Residents may bring televisions and audio equipment, computers, computer parts and computer components for end-of-life disposal or recycling. All computer monitors and TV screens must be intact, not cracked, punctured or shattered. Electronics recycling is also offered at no charge.

Items that will not be accepted during the Household Hazardous Waste Collection Day include munitions, audio speakers, explosives, bulk trash, wooden TV consoles, propane tanks, microwave ovens and other appliances, as well as radioactive or biologically active wastes.

For more information on household hazardous waste, visit the DPW Web site at [www.dpw.dc.gov/info/house\\_haz\\_waste.shtml](http://www.dpw.dc.gov/info/house_haz_waste.shtml).

## Department of Public Works Services

As the Clean City Agency, the D.C. Department of Public Works (DPW) provides the basic services that residents expect from their local government, including residential trash and recycling collection, street and alley cleaning, parking enforcement and nuisance abatement.

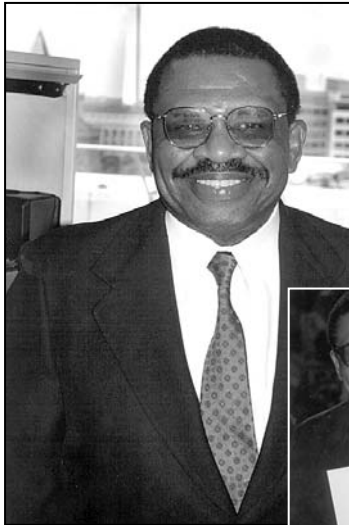
The following is a list of specific services that are provided:

- Abandoned Auto Removal
- Autumn Leaf Collection
- Bulk Trash Collection
- Dead Animal Pick-Up (from public space only)
- Grass & Weed Mowing
- Illegal Dumping (Investigation/Clean Up)
- Litter Can (Repair/Installation/Service)
- Nuisance Property Abatement
- Parking Enforcement
- Recycling Bins (New or Replacement)
- Recycling Collection
- Sanitation Enforcement
- Snow Removal (with DDOT)
- Street and Alley Cleaning
- Supercan (New/Repair/Replacement)
- Trash Collection
- Yard Waste Collection

To request DPW services or to report sanitation violations and illegal dumping, contact the Mayor's Citywide Call Center at 202-727-1000.

## D.C. OFFICE ON AGING NEWSLETTER

## Office on Aging Employee Wins Older Worker Award



Milton Chavis

"Helping others to help themselves is not work for me. I don't view my profession as a job. I see it as a cause, it's my passion," remarks Milton Chavis.

Chavis works with the D.C. Office on Aging, assisting persons 55 years of age and older in finding employment. He was chosen this

year as the District of Columbia Outstanding Older Worker for the Prime Time Awards Program, sponsored by the organization Experience Works.

Each year, outstanding senior

workers are recognized in each state, the District and Puerto Rico. The purpose is to recognize the contributions that these persons make to their communities and to the economy, as well as to help break down the barriers associated with age and work.

"Older workers exemplify the positive work ethic, experience, loyalty and dependability necessary for the long-term health and vitality of our nation, and they are the fastest growing population in the United States," said Experience Works President and CEO Andrea J. Wooten.

Chavis, a 66-year-old native Washingtonian, is a vocational counselor who works as a contractor with the D.C. Office on Aging. This consists of recruitment, pre-employment assessment and

employment counseling.

He worked more than 20 years with the Federal Job Corps Program; most of those years were with the Department of Employment Services. He was a leader there serving as union president, before his retirement.

Chavis is married with three adult children and two grandchildren. Two of his children currently serve in the United States Navy. He has received many awards and recognition during his work history and for his work with his community. He enjoys reading, writing, public speaking and traveling.

He has worked since he was 16 years of age and he has this advice for young workers: "It's the attitude that one takes to the job that determines a successful outcome."

## District of Columbia Senior Investor Alert

Seniors can learn about the dangers of investment fraud by visiting the online Senior Investor Resource on the Internet at [www.nasaa.org](http://www.nasaa.org). This site has been developed specifically for senior citizens and offers a variety of important information and resources.

The Senior Investor Resource Center offers the following:

- A checklist of questions seniors can ask before making an investment decision
- Prudent solutions to protect your nest egg from investment fraud
- Information about the top frauds targeting senior citizens
- Contact information for securities regulators in each state, the District of Columbia, Canada, Mexico and Puerto Rico
- Investor's Bill of Rights
- Investor fraud awareness quiz
- Internet links to a variety of investor education publications and programs offered by state securities regulators and others to help senior citizens fight investment fraud

It is never too late to learn about investment fraud. The following tips can empower seniors to protect

their retirement assets:

- Check out strangers touting strange deals. Trusting strangers is a mistake everyone makes when it comes to their personal finances. Extensive background information on investment salespeople and firms is available from the Central Registration Depository (CRD) files available from your state securities agency.

- Always stay in charge of your money. Beware of anyone who suggests putting your money into something you don't understand or who urges that you leave everything in his or her hands.

- Don't judge a book by its cover. Successful con artists sound and look extremely professional and have the ability to make even the flimsiest investment deal sound as safe and sound as putting money in the bank.

- Watch out for salespeople who prey on your fears. Con artists know that you worry about outliving your savings. Fear can cloud your good judgment. An investment that is right for you will make sense because you understand it and feel comfortable with the risk involved.

- Don't make a tragedy worse with rash financial decisions. The death or hospitalization of a spouse

has many sad consequences — financial fraud shouldn't be one of them. If you find yourself suddenly in charge of your own finances, get the facts before you make any decisions.

- Monitor your investments and ask tough questions. Insist on regular written and oral reports. Look for signs of excessive or unauthorized trading of your funds. And if you are stalled when you want to pull out your principal or profits from an investment, you have uncovered someone who wants to cheat you.

- Don't let embarrassment or fear keep you from reporting investment fraud or abuse. Con artists know that you might hesitate to report that you have been victimized in financial schemes out of embarrassment or fear.

- And most importantly, do your due diligence — get a name, license number, address, phone number, and detailed information about the investment, then contact the D.C. Department of Insurance & Securities Regulation, Securities Bureau at 202-727-8000 and make sure both the person and the investment are licensed by the District of Columbia.

## Recovering from Hurricane Isabel

The D.C. Department of Insurance and Securities Regulation suggests that you follow these steps as you recover from Hurricane Isabel:

Contact your insurance company as quickly as possible and ask what to do before the adjuster arrives. Make a list of your personal property that has been damaged or destroyed. Take pictures of the damaged property.

Protect your property from further damage. Your reasonable expenses to protect your property are generally reimbursed by insurance companies. Keep all receipts. Do not have permanent repairs made until your insurance company has inspected the property and you have reached an agreement

on the cost of repairs.

If necessary, rent temporary shelter. If your home is uninhabitable, most homeowners policies pay additional living expenses while your property is being repaired. Before renting temporary shelter, check with your insurance company or agent to determine what expenses will be reimbursed.

Don't be a victim of fraud. Call the Department of Consumer and Regulatory Affairs at 202-442-4400 to find out if the contractor is licensed or if they have any complaints against them. When you use licensed contractors to perform your repairs, you can make sure that contracted work is performed properly and you have a case if there is a dispute.

## SPOTLIGHT ON AGING

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